



Calendar of Events

October 2006

FLU SHOTS

Health Department to offer flu shots by appointment to those at high risk. Flu shots are \$25 each and pneumococcal shots are \$35 each. The nasal flu mist is also available for \$35. Medicare Part B or Passport insurance plans will cover the cost for flu immunizations. **The Louisville Metro Health Department will not turn anyone away because of inability to pay.** The Health Department expects to make flu shots available to the general public later in the season. For information call MetroCall at 311 or visit www.louisvillky.gov/health. Flu shots will be given **by appointment** at the following sites:

Middletown Health Center

(located inside the East Government Ctr.)

200 Juneau Drive

245-1074

Dixie Health Center

(located inside the Southwest Government Ctr.)

7219 Dixie Hwy.

937-7277

Newburg Health Center

4810 Exeter Ave.

458-0778

Highview Health Center

(located inside the Central Government Ctr.)

7201 Outer Loop

231-1459

Neighborhood Place East

(located inside the Urban Government Ctr.)

810 Barret Ave.

574-6638

10/02/06

Family Planning Class

Time: 3:00pm

Location: Fairdale Health Center, 1000 Neighborhood Pl.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

10/03/06

Mammograms

Time: 8:30am-3:30pm

Location: Park DuValle Community Health Center, 3015 Wilson Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call 774-4401 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 4:30-6:00pm

Location: Newburg Health Center, 4910 Exeter Ave.

Notes: Women's Health: Free, **Spanish Class**; Call Shannon Perez, 774-1242 to reserve a space.

Low-impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Department, 400 East Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

10/04/06

Mammograms

Time: 8:00-3:30pm

Location: East Broadway Health Center, 914 E. Broadway

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 583-1981 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Mammograms

Time: 8:00-3:30pm

Location: Park DuValle Community Health Center, 3015 Wilson Ave.

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 774-4401 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Diabetes Self Management

Time: 1:00-3:30pm

Location: The Kling Center, 219 W. Ormsby Ave.

Notes: Chronic Disease Prevention Program: Preventing Complications (Part 2), Foot & Skin Care, Glucose Monitoring & Standards of Care. Last in series. For more information call (502) 574-6663. Free.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Parenting 101. Free; for more information call 634-6088.

Family Planning Class

Time: 3:00pm

Location: Family Health Center Iroquois, 4100 Taylor Blvd.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

010/05/06

Mammograms

Time: 8:00-3:00pm

Location: Park DuValle Community Health Center, 3015 Wilson Ave.

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 774-4401 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Northwest Neighborhood Pl., 4018 W. Market St.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Parenting 101. Free; for more information call 634-6088.

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

Stop Smoking Class

Time: 6:00-7:00pm

Location: Middletown Christian Church
500 North Watterson Trail

Notes: Jefferson County Smoke Free Coalition & KY Cancer Program. Call 574-STOP for more information & registration. Meets weekly for 13 sessions.

10/06/06

Mammograms

Time: 8:30-3:30pm

Location: Westport Road Baptist Church, 9705 Westport Road

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 425-2350 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Family Planning Class

Time: 3:00pm

Location: Family Health Center Iroquois, 4100 Taylor Blvd.

Notes: Women's Health: Free; Call 574-5293 for more information

10/09/06

Immunization Clinic

Time: 12:30-6:00pm

Location: Highview Health Clinic, 7201 Outer Loop

Notes: Immunization Program; Call 231-1459 for appointment. Please bring up to date immunization records \$10.00 for each immunization: Sliding fee scale. No one turned away because of inability to pay.

Diabetes Self Management

Time: 1:00-3:30pm

Location: Park DuValle Community Center, 3015 Wilson Ave.

Notes: Chronic Disease Prevention Program: Diabetes Types, High & Low Blood Sugar, Sick Days; first in a series of 4 sessions. For registration and more information call (502) 574-6663. Free. Please arrive 15 minutes early for the first class.

Family Planning Class

Time: 3:00pm

Location: Middletown Health Clinic, 200 Juneau Dr.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

10/10/06

Breastfeeding Class

Time: 10:00-11:30am

Location: South Central Neighborhood Pl., 4255 Hazelwood Ave.

Notes: Women's Health: Free, **Spanish Class**; Call Shannon Perez, 774-1242 to reserve a space.

Breastfeeding Class

Time: 1:00-2:30pm

Location: Highview Health Center

Notes: Women's Health: Free; Call Beth Foster, 774-1247 to reserve a space.

Breastfeeding Class

Time: 1:00-3:00pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

Family Planning Class

Time: 1:00pm

Location: Dixie Health Center, 7219 Dixie Hwy.

Notes: Women's Health: Free; Call 574-5293 for more information

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

Breastfeeding Class

Time: 5:00-6:30pm

Location: Victory Deliverance Temple of Faith, 2330 Algonquin Pkwy.

Notes: Women's Health: Free, Call Tywana Cranford, 774-1260 to reserve a space.

Breastfeeding Class

Time: 6:30-8:00pm

Location: Babies R Us, 4621 Shelbyville Rd.

Notes: Women's Health: Free, Call 896-9994 ext. 4 to reserve a space.

10/11/06

Mammograms

Time: 8:30am-3:00pm

Location: Park DuValle at Newburg, 2237 Hikes Ln.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Family Planning Class

Time: 1:00pm

Location: Newburg Health Center, 4810 Exeter Ave.

Notes: Women's Health: Free; Call 574-5293 for more information

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Oral Health. Free; for more information call 634-6088.

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/12/06

Mammograms

Time: 8:30am-3:30pm

Location: YMCA of Greater Louisville – Chestnut Street Family Branch, 930 West Chestnut St.

Notes: Louisville Metro Health Department., Partnership for Cancer Control. Call 587-7405 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Diabetes Support Group

Time: 9:30-11:00am

Location: Park DuValle Community Health Center, 3015 Wilson Ave.

Notes: Chronic Disease Prevention Program: Free, Monthly Meeting, "The Dibilitator".

Immunization Clinic

Time: 12:30-6:00pm

Location: Middletown Health Center, 200 Juneau Dr.

Notes: Immunization Program; Call 231-1459 for appointment. Please bring up to date immunization records \$10.00 for each immunization: Sliding fee scale. No one turned away because of inability to pay.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Northwest Neighborhood Pl., 4018 W. Market St.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Oral Health. Free; for more information call 634-6088.

Family Planning Class

Time: 3:00pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Women's Health: Free; Call 574-5293 for more information

Breastfeeding Class

Time: 5:00-7:00pm

Location: United Methodist Church, 3620 W. Broadway

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

HIV Presentation

Time: 5:30pm

Location: St. Jude Transitional House, 703 E. St. Catherine St.

Notes: HIV Prevention Services

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/13/06

Family Planning Class

Time: 1:00pm

Location: Highview Health Center, 7201 Outer Loop

Notes: Women's Health: Free; Call 574-5293 for more information

Weight Control Series

Time: 2:00-3:30pm

Location: Clifton Baptist Church, 1947 Frankfort Ave. *Friendship Hall*

Notes: Chronic Disease Prevention Program: A 4 session series taught by a Registered Dietician For more information call (502) 574-6663. Free.

10/15/06

Lifeguard Certification Class

Time: 1:00-6:00pm

Location: Downtown YMCA, 555 S. 2nd St.

Notes: Environmental Health Education: Lecture & Swim Test. **You must register for this class at (502) 574-6650. Consists of 2 parts: Part 1 – lecture and swim test. Part 2 – Pass written test and provide proof of Basic Lifeguarding, First Aid and CPR to obtain permit. Permit fee is \$20.00.**

10/16/06

Mammograms

Time: 8:00am-3:30pm

Location: Fairdale Health Center

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 361-2381 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Mammograms

Time: 8:00am-3:30pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Diabetes Self Management

Time: 1:00-3:30pm

Location: Park DuValle Community Center, 3015 Wilson Ave.

Notes: Chronic Disease Prevention Program: Diet and Exercise; second in a series of 4 sessions. For and more information call (502) 574-6663. Free.

Family Planning Class

Time: 3:00pm

Location: Fairdale Health Center, 1000 Neighborhood Pl.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

10/17/06

Mammograms

Time: 8:00am-3:30pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 11:00am-12:30pm

Location: L & N WIC Office, 908 W. Broadway

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

Family Planning Class

Time: 4:00pm

Location: Newburg Health Center, 4810 Exeter Ave.

Notes: Women's Health: Free; Call 574-5293 for more information

Breastfeeding Class

Time: 4:30-6:00pm

Location: Newburg Health Center, 4810 Exeter Ave.

Notes: Women's Health: Free; Call Shannon Perez, 774-4401 to reserve a space.

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

HIV Presentation

Time: 7:00pm

Location: Renaissance House, 1436 S. Shelby St.

Notes: HIV Prevention Services

10/18/06

Mammograms

Time: 8:00am-3:30pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 1:00-2:30pm

Location: Dixie Health Center, 7219 Dixie Hwy.

Notes: Women's Health: Free; Call Donnalynn Davis, 774-1301 to reserve a space.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Smoking. Free; for more information call 634-6088.

Family Planning Class

Time: 3:00pm

Location: Family Health Center Iroquois, 4100 Taylor Blvd.

Notes: Women's Health: Free; Call 574-5293 for more information

Breastfeeding Class

Time: 5:30-7:00pm

Location: Middletown Health Center, 200 Juneau Dr.

Notes: Women's Health: Free; Call Beth Foster, 774-1247 to reserve a space.

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/19/06

Mammograms

Time: 8:00am-3:30pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 1:00-2:30pm

Location: Neighborhood Place Barret, 810 Barret Ave.

Notes: Women's Health: Free; Call Donnalynn Davis, 774-1301 to reserve a space.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Northwest Neighborhood Pl., 4018 W. Market St.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Smoking. Free; for more information call 634-6088.

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/20/06

Weight Control Series

Time: 2:00-3:30pm

Location: Clifton Baptist Church, 1947 Frankfort Ave. *Friendship Hall*

Notes: Chronic Disease Prevention Program: A 4 session series taught by a Registered Dietician For more information call (502) 574-6663. Free.

Breastfeeding Class

Time: 2:00-3:30pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

10/22/06

Lifeguard Certification Class

Time: 4:00-9:00pm

Location: Lakeside Swim Club, 2010 Trevilian Way

Notes: Environmental Health Education: Lecture & Swim Test. **You must register for this class at (502) 574-6650.** Consists of 2 parts: Part 1 – lecture and swim test. Part 2 – Pass written test and provide proof of Basic Lifeguarding, First Aid and CPR to obtain permit. Permit fee is \$20.00.

10/23/06

Mammograms

Time: 8:00am-3:00pm

Location: Family Health Center Portland, 2215 Portland Ave.

Notes: Louisville Metro Health Department., Partnership for Cancer Control; Call (502) 774-8631 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Immunization Clinic

Time: 12:30-6:00pm

Location: Highview Health Clinic, 7201 Outer Loop

Notes: Immunization Program; Call 231-1459 for appointment. Please bring up to date immunization records \$10.00 for each immunization: Sliding fee scale. No one turned away because of inability to pay.

Diabetes Self Management

Time: 1:00-3:30pm

Location: Park DuValle Community Center, 3015 Wilson Ave.

Notes: Chronic Disease Prevention Program: Diabetes Pills, Insulin, Preventing Complications (Part 1). Third in a series of 4 sessions. For more information call (502) 574-6663. Free.

Family Planning Class

Time: 3:00pm

Location: Middletown Health Clinic, 200 Juneau Dr.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

10/24/06

Mammograms

Time: 8:30-3:30pm

Location: Louisville Metro Housing Authority, St. Catherine Ct. 114 S. 4th St.

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 569-3425 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 10:00-11:30am

Location: South Central Neighborhood Pl., 4255 Hazelwood Ave.

Notes: Women's Health: Free; Call Shannon Perez, 774-1242 to reserve a space.

Family Planning Class

Time: 1:00pm

Location: Dixie Health Center, 7219 Dixie Hwy.

Notes: Women's Health: Free; Call 574-5293 for more information

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

Breastfeeding Class

Time: 5:00-6:30pm

Location: Victory Deliverance Temple of Faith, 2330 Algonquin Pkwy.

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

10/25/06

Mammograms

Time: 8:30-3:30pm

Location: Louisville Metro Housing Authority, St. Catherine Ct. 1114 S. 4th St.

Notes: Louisville Metro Health Dept., Partnership for Cancer Control; Call 569-3425 for an appointment: Sliding fee scale. No one turned away because of inability to pay.

Family Planning Class

Time: 1:00pm

Location: Newburg Health Center, 4810 Exeter Ave.

Notes: Women's Health: Free; Call 574-5293 for more information

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Child Safety. Free; for more information call 634-6088.

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/26/06

Immunization Clinic

Time: 12:30-6:00pm

Location: Middletown Health Center, 200 Juneau Dr.

Notes: Immunization Program; Call 231-1459 for appointment. Please bring up to date immunization records \$10.00 for each immunization: Sliding fee scale. No one turned away because of inability to pay.

Talkshop – Parenting Class

Time: 1:30-3:30pm

Location: Northwest Neighborhood Pl., 4018 W. Market St.

Notes: Louisville Metro Health Dept., Partnership for Protecting Children: Topic – Child Safety. Free; for more information call 634-6088.

Family Planning Class

Time: 3:00pm

Location: Bridges of Hope, 1411 Algonquin Pkwy.

Notes: Women's Health: Free; Call 574-5293 for more information

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).

Breastfeeding Class

Time: 5:00-7:00pm

Location: United Methodist Church, 3620 W. Broadway

Notes: Women's Health: Free; Call Tywana Cranford, 774-1260 to reserve a space.

High Impact Aerobics

Time: 6:00-7:00pm

Location: Louisville Community Center, 1300 W. Muhammad Ali Blvd.

Notes: Louisville's Healthy Hometown Movement. Free. Registration not needed.

10/27/06

Mammograms

Time: 8:30am-3:30pm

Location: The Clifton Center, 2117 Payne Street

Notes: Louisville Metro Health Department., Partnership for Cancer Control, Council Screening District 9, Councilwoman Tina Ward-Pugh. Call (502) 574-1109 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Breastfeeding Class

Time: 10:30am-Noon

Location: Fairdale Health Center, 1000 Neighborhood Pl.

Notes: Women's Health: Free; Call Beth Foster (502) 744-1244 to reserve a space.

Family Planning Class

Time: 1:00pm

Location: Highview Health Center, 7201 Outer Loop

Notes: Women's Health: Free; Call 574-5293 for more information

Weight Control Series

Time: 2:00-3:30pm

Location: Clifton Baptist Church, 1947 Frankfort Ave. *Friendship Hall*

Notes: Chronic Disease Prevention Program: A 4 session series taught by a Registered Dietician For more information call (502) 574-6663. Free.

10/28/06

Mammograms

Time: 8:30am-3:30pm

Location: First Baptist Church of J-Town, 10600 Watterson Trail

Notes: Louisville Metro Health Department., Partnership for Cancer Control. Call (502) 267-6121 for appointment: Sliding fee scale. No one turned away because of inability to pay.

10/30/06

Diabetes Self Management

Time: 1:00-3:30pm

Location: Park DuValle Community Center, 3015 Wilson Ave.

Notes: Chronic Disease Prevention Program: Preventing Complications (Part 2), Foot & Skin Care, Glucose Monitoring and Standards of Care. Last in a series of 4 sessions. For more information call (502) 574-6663. Free.

Family Planning Class

Time: 3:00pm

Location: Middletown Health Clinic, 200 Juneau Dr.

Notes: Women's Health: Free; Call 574-5293 for more information

Tai Chi

Time: 5:30-7:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Louisville's Healthy Hometown Movement; Instructor: Baba Serikali. Free.

10/31/06

Mammograms

Time: 8:30am-3:30pm

Location: YMCA of Greater Louisville, Southwest Family Branch 2800 Fordhaven Rd.

Notes: Louisville Metro Health Department, Partnership for Cancer Control. Call (502) 933-9622 for appointment: Sliding fee scale. No one turned away because of inability to pay.

Family Planning Class

Time: 1:00pm

Location: Dixie Health Center, 7219 Dixie Hwy.

Notes: Women's Health: Free; Call 574-5293 for more information

Low Impact Aerobics

Time: 5:00-6:00pm

Location: Louisville Metro Health Dept., 400 E. Gray St. *Forum*

Notes: Chronic Disease Prevention Program: Fee (25 cents per session).